

**IN THE UNITED STATES PATENT AND TRADEMARK OFFICE**

Application No.	Filing Date	First Named Inventor	Docket No.	Confirmation No.
10/587,091	07/20/2006	Salvatore Carbone	RUBNP01	8907
Invention			Examiner	Art Unit
Gym Work-Out Equipment for the Training of the Chest, Deltoids, Trapeziums, and Triceps Muscles			Long, Robert Franklin	3764

**AMENDMENT**

Commissioner for Patents  
P.O. Box 1450  
Alexandria, VA 22313-1450

Sir:

In response to the Examiner's Action mailed December 23, 2008, please amend the application as follows:

**Amendments to the Written Description** begin on page 2 of this paper.

**Amendments to the Claims** are reflected in the listing of claims that begins on page 3 of this paper.

**Remarks/Arguments** begin on page 7 of this paper.

**Amendment to the Written Description**

Please amend the written description as follows:

On page 4, before the paragraph beginning at line 3, please add the following paragraph:

--The gym work-out equipment includes an electronic switchboard that is adapted to store in memory data representing arm positions chosen by the athlete according to the type of exercises to be done, and to lift and position the arms during a later exercise session according to the stored data.--